

eCHECKUP TO GO Input Summary

User ID: 111012803938

Episode: 1

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Demographic Information

Sex: Female	Age: 19	Weight: 120 pounds
Student Status: DEMO Student	Year Level: Freshman	Fraternity or Sorority? No
Athlete: No	Medications: Yes	Live on campus: Yes

About Your Alcohol Use

At what age did you first start drinking?

15

In a TYPICAL MONTH, how many weeks do you have an alcoholic drink?

Every week

For the PAST MONTH, please describe a TYPICAL DRINKING WEEK. For each day, fill in the number of STANDARD DRINKS of each type of alcohol you consumed and the NUMBER OF HOURS you drank on that day.

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Beer?	0	0	0	0	0	0	0
Wine?	0	3	0	3	5	6	0
Spirits?	0	0	0	0	0	0	0
Hours?	0	3	0	4	6	7	0

Think of the **one** occasion during the PAST MONTH where you drank the most. Fill in the number of standard drinks of each type you consumed and the number of HOURS you drank that day:

0 Beers
0 Wines
8 Spirits
6 Hours

How much money would you estimate you spend on alcohol in a TYPICAL WEEK?

\$100

Tobacco

During the PAST MONTH, how many CIGARETTES did you smoke on a TYPICAL DAY?

0

If you're a CIGARETTE smoker, for how many years have you smoked regularly?

0

How much money would you estimate you TYPICALLY spend on each PACK of cigarettes?

\$0

What do you like about alcohol? What are the "good things" or benefits you experience from drinking alcohol?

- Alcohol helps me reduce stress
- Alcohol helps me relax
- I feel more confident
- I feel more comfortable talking to people
- Alcohol helps me feel like I belong and I am a part of the group
- I have fun with friends
- I stop thinking about problems or conflicts that bother me
- I feel more spontaneous
- Alcohol helps me express my feelings more openly
- Alcohol helps me feel less nervous or afraid

Risk Factors

1 Parents

Think about the number of your BLOOD RELATIVES who are now, or have been in the past, problem drinkers or alcoholics.	0 Brothers and Sisters 1 Grandparents 0 Uncles or Aunts 0 Cousins
During the PAST MONTH, how many days did you drive a vehicle shortly after having three or more drinks?	0 Days
During the PAST MONTH, how many days were you a passenger in a vehicle when a driver had three or more drinks?	4 Days

You Peers

For each of the following, estimate how common you believe these behaviors are:	
What percent of US college students drink alcohol MORE than you?	30%
What percent of Demonstration Version students have two drinks or less in a TYPICAL WEEK?	10%
What percent of Demonstration Version students do not drink at all in a TYPICAL WEEK?	10%
What percent of Demonstration Version students smoke marijuana AT LEAST ONCE A MONTH?	30%

Money

How much is your average monthly cell phone bill?	\$50
How much is your monthly car payment?	\$0
How much is your monthly rent or house payment?	\$600
After school expenses, rent, and bills, how much "spending money" do you have in a TYPICAL MONTH?	\$600

The "Not-So-Good" Things About Alcohol

How often do you have a drink containing alcohol?	2-3 times a week
How many drinks containing alcohol do you have on a typical day when you are drinking?	3 or 4
How often do you have six drinks or more on one occasion?	Weekly
How often during the last year have you failed to do what was normally expected from you because of drinking?	Weekly
How often during the past year have you had a feeling of guilt or remorse after drinking?	Less than monthly
How often during the last year have you been unable to remember what happened the night before because you had been drinking?	Less than monthly
Has a relative or friend or a doctor or other health worker been concerned about your drinking, or suggested you cut down?	Yes, during the last year
How often during the last year have you had a hangover or felt sick because you had been drinking?	Less than monthly
How often during the last year have you felt tired, groggy, or unmotivated because you had been drinking?	Monthly
How often during the last year have you done poorly on a test or school project because you had been drinking?	Monthly
How often during the last year have you procrastinated or not gotten things done because you had been drinking?	Monthly

How often during the last year have you gone to class under the influence of alcohol?	Monthly
How often during the last year have you missed classes because you had been drinking?	Monthly
How often during the last year have you gotten into trouble with the police or authorities because you had been drinking?	Less than monthly
How often during the last year have you used alcohol to avoid problems?	Weekly
How often during the last year have you used more alcohol than you had planned?	Less than monthly
How often during the last year have you disappointed or hurt or someone because you had been drinking?	Less than monthly
How often during the last year have you done things you later regretted because you had been drinking?	Less than monthly
How often during the last year have you felt bad about yourself because you had been drinking?	Less than monthly
How often during the last year have you spent more money than you had planned because you had been drinking?	Less than monthly
How often during the last year have you had problems with your boyfriend/girlfriend/partner because you had been drinking?	Less than monthly
How often during the last year have you had problems with your friends or family because you had been drinking?	Less than monthly

Physical Performance

Please mark the following questions as either true or false:

	True	False
A. Alcohol affects you more quickly when mixed with carbonated/caffeinated beverages or mixers.	X	
B. Your body uses the calories in alcohol as a source of energy in the same way it uses the calories in other kinds of food.	X	
C. Drinking alcohol has little or no effect on your ability to build muscle strength.		X
D. Alcohol does not interfere with muscle recovery and healing.		X
E. Students who mix alcohol and energy drinks are at no greater risk of alcohol related consequences than students who don't mix alcohol and energy drinks (like Red Bull, Monster, Rock Star, etc.).		X

How would you like to spend your time?

- | | |
|---|--|
| <ul style="list-style-type: none"> • Going to the gym, exercising or playing sports • Studying • Practicing meditation or yoga | <ul style="list-style-type: none"> • Talking with my professors • Getting things done, being more productive |
|---|--|

Changes?

How important is it to you to make any change in your personal use of alcohol? (Scale of 1-10)	2
How confident are you that you are able to make any change in your personal use of alcohol? (Scale of 1-10)	3